

**Vision
Plan, Advocate, Evaluate**

To advocate for a system that supports persons impacted by mental disorders on their journeys to achieve the highest quality of life possible by promoting evidence-based, cost-effective, individualized mental health services.

Mental Health Planning and Advisory Council
January 14, 2004
SeaTac Holiday Inn, SeaTac

Approved: 2/11/04

In attendance: Joann Freimund, Chair, Graydon Andrus, Jeanette Barnes, Roger Bauer, Chuck Benjamin, Lou Colwell, BJ Cooper, Rick Crozier, Danny Eng, Diane Eschenbacher, John Fisher, Dinah Martin, Sondra Martin, Barb Putnam, Bonnie Scott, Janet SooHoo, Dorothy Trueblood, Paula Zamudio.

Absent (excused): Kelly Egan, Alan Himsl, Candace Manke, Jean Pond, Judith Stormbreaker.

Absent (unexcused): David King.

MHD Staff: Steve Norsen, Kathy Burns Peterson, Dr. Judy Hall, Katie Weaver-Randall.

Guests: Cathii Nash (for Jean Pond); Pete Brissing, Doug Johnson (Sexual Minority Subcommittee), Eleanor Owen (Program/Planning Subcommittee), Ron Sterling, M.D. (Legislative Subcommittee), Anne Strode (WIMIRT-East), David Chandler.

The meeting was called to order at 9:30 a.m. by Joann Freimund, Chair. The agenda was reviewed and introductions were made.

MHPAC Duties

Joann Freimund provided an overview of the federal law requirements for MHPAC duties and responsibilities, as follows:

1. To review the Mental Health Block Grant Plan and to make recommendations;
2. To serve as an advocate for adults with a serious mental illness, children with a serious emotional disturbance, and other individuals with mental illnesses;
3. To monitor, review, review and evaluate, not less than once each year, the allocation and adequacy of mental health services within the state.

The morning session was devoted to presentations on the Prevalence Study, the Performance Indicator report, and Best Practice Resource Guides to assist Planning Council members in carrying out the monitoring and evaluation responsibility.

Prevalence Study

Dr. Judy Hall reviewed the executive summary of the Prevalence Study conducted by the Mental Health Division. The full study is available on the MHD website, and will also be mailed to Planning Council members who would like to receive one. This updates the PEMINS study completed in 1998. An advisory workgroup developed and conducted the study, which included review and consultation from national experts throughout the study. The first year was spent identifying inadequacies in the PEMINS report and developing a work plan to address these concerns. This included an additional emphasis on children, homeless persons, and persons residing in institutional settings, as well as adequate reporting of ethnic minority populations using the most recent US census. However, the group was not able to identify recent immigrants or determine estimates of geographic “drift” between RSNs. Estimates were developed for each county and RSN. This was compared to the number of Medicaid-eligibles in each of these areas. Table ES.2 shows how the rates in this Prevalence Study compare to other prevalence estimate studies. Various methodologies fit better for different RSNs. This finding was emphasized in the report to the Legislature in hopes that the study findings will be used to document unmet need and funding requirements. A copy of the JLARC presentation slides will be provided to the Planning Council members.

ACTION: Kathy Peterson will provide a copy of the JLARC presentation slides to the Planning Council members.

Performance Indicator Review

Katie Weaver-Randall provided an overview of the Statewide Publicly Funded Mental Health Performance Indicator Report. These indicators are included in the annual Federal Block Grant report, and are also very useful for persons interested in advocacy and program planning for mental health services. Katie reviewed the fact sheets that summarize the information in a more usable format. She is interested in getting feedback from Planning Council members and the various subcommittees regarding the data reports presented in the summary sheets. The group asked questions and discussed the report findings and summary reports, and provided comments about additional information that would be helpful to include. However, there are limitations in the usefulness of the reports because of the long delay between policy decisions and when the impact shows up in a data report. In addition, the Performance Indicator report does not portray quality of life issues and other intangibles such as outreach to non-eligibles. The Planning Council was very complimentary of the efforts of the Mental Health Division in making these reports available and presenting the information in a very usable way. The Planning Council made, seconded and passed a motion to request the Mental Health Division to look at and make available mortality rates for persons served by the public mental health system.

ACTION: Judy Hall will look at mortality rates for persons served by the public mental health system and provide information to the Planning Council at a future meeting.

Best Practice Resource Guide

Anne Strode of the Eastern Branch of the Washington Institute for Mental Illness and Training (WIMIRT-East) provided an overview of the Literature Review and Resource Guide that was prepared under contract with the Mental Health Division in fulfillment of the elements of the current Federal Block Grant plan. There were six sub-populations identified in the contract, and the Institute sub-contracted with subject matter experts to author each of these chapters. Each of the authors was given the liberty to use his/her best judgment in deciding to include a practice based on a general definition. The Resource Guide will be published as a book shortly. In the meantime, it is available on the Mental Health Division website. Anne summarized the findings from each of the sub-population studies, which included promising practices as well as documented best practices. There is hope that additional research will be conducted to review promising practices to determine whether they meet the test to be considered an evidence-based best practice. The definition of best practice is so narrow that it can represent a constraint to service delivery, especially for children and ethnic minority populations. Anne has submitted a proposal to present the Literature Review and Resource Guide at the Behavioral Healthcare conference. A motion was made, seconded and passed for the Mental Health Council to support that this proposal be accepted for inclusion at the Behavioral Healthcare conference next June.

ACTION: Chuck Benjamin will draft a letter to the Washington Community Mental Health Council in support of the Resource Guide workshop proposal.

Federal Block Grant Planning Process

Kathy Peterson reviewed the current criteria and requirements for the Federal Block Grant plan, and provided information on the draft guidelines for the next three-year grant application. In particular, the draft guidelines will require reporting on 9 identified Core Performance Indicators, as shown in Table 3, which was included in the member packets. Kathy and Judy Hall are reviewing the draft guidelines and will provide comments to the federal Center for Mental Health Services. The Planning Council supported the direction of the new guidelines, and discussed limitations in the current data on reporting gainful activity for older adults, as well as other data reporting concerns.

“Way To Go” awards

Rick Crozier submitted a nomination for a “Way to Go” award to be presented to Mark Porter for his article in the Bellingham Herald on memory loss screening. A motion was made, seconded and passed to send recognition letter to Mark Porter.

Josselyn Winslow will draft a “Way to Go” award letter to be sent to Mark Porter for his article on memory loss screening in the Bellingham Herald.

Review of November 12, 2003 meeting minutes:

The minutes from the November 12, 2003 meeting were amended, approved and accepted. MHPAC minutes are posted on the MHD website:
<http://www.wa.gov/DSHS/mentalhealth/>

Review of pending action items:

1. John Fisher will write a letter of recognition for Gil Thurston's signature to Elaine Porterfield for her article in the Seattle PI on reducing the stigma of mental illness. **John has declined to write this letter; no further action will be taken.**
2. Kathy Peterson will update the membership roster and compare it to the requirements outlined in the Federal Block Grant plan for review at the February meeting. **Pending.**
3. All MHPAC Subcommittees are requested to establish their meeting schedule for 2004 and submit this information to Kathy Peterson. **Meeting schedules are still needed from the Ethnic Minority, Older Adult, and Legislative Subcommittees.**
4. The Actuarial Report will be distributed to the Planning Council when it is available at the end of November. **Pending.**
5. Kathy Peterson will follow up to the question on getting funding from the Medical Assistance Administration for Medicare/Medicaid crossover claims. **Pending.**
6. Karie Castleberry will provide an update on the Access to Care standards to Planning Council members. **(Pending)**
7. A meeting will be set up with the MHD and Medical Assistance Administration to discuss funding for interpreters for mental health services. **Pending**

Director's Report

Steve Norsen attended the meeting to represent the Director, who was unable to attend. He provided an update on several projects currently in process in the Mental Health Division:

- Steve reported on the most recent status of the Medicaid waiver request from the Center for Medicare/Medicaid services. The Mental Health Division has received verbal approval on most of the provisions being requested. The Center for Medicare/Medicaid Services has requested a change on the process for conducting the External Quality Review Organization (EQRO) process. The Mental Health Division had proposed to contract with WIMIRT for this function, but CMS did not approve this proposal. When CMS approval of the waiver is obtained, the current RSN contract will be amended to reflect the new waiver provisions.

- Steve reported that preparation for the Actuary Study for 2005 is still in process. All four workgroups have finished Phase 1 of their work. Funding for non-Medicaid persons and non-Medicaid services over time remains a particular concern.
- Given the challenges to small RSNs in the current system (e.g., the new Balanced Budget Act requirements), the department has approached Timberlands RSN, Clark RSN, and Cowlitz RSN to consider blending into one RSN. Discussions have occurred or are scheduled with each county involved. There was discussion that the political and geographic reality of achieving this blending is very challenging.
- A FEMA grant of \$65,000 was obtained to provide outreach and crisis counseling in Skagit and Snohomish counties as a result of flooding late last year. The feds have extended the grant, with about \$27,000 in additional funding.
- Tim Brown, the Assistant Secretary for the Health and Rehabilitative Services Administration, convened a group to review the delivery of crisis services among DSHS program areas and develop a more comprehensive response. Planning Council members stated that although the current system is a challenge for adults, the current system for children is horrible. This project will not address services for children, which will be considered at a future time. There is also a problem that funding for crisis services is not a recognized Medicaid service unless the client is an enrolled Medicaid client.
- Karl Brimner is promoting additional funding for increased community residential resources through funding from the state capital budget. The Governor's budget included \$100,000 to do a study of need, development of a plan, and future funding opportunities to increase community residential capacity. Karl requested a representative from the Planning Council to participate in this process, and Graydon Andrus was selected to represent the group.
- Karl has convened an internal group to discuss Evidence-Based Best Practices and Promising Practices and develop strategies to promote use of these service delivery models. This will also become an integral part of the new Federal Block Grant plan.
- Three Assistant Secretaries from DSHS: Children's Administration, Health and Rehabilitative Services, and Juvenile Rehabilitation are meeting to better coordinate and integrate services for children. This is a unique effort with much intent to improve the delivery of services. On Monday, all three Assistant Secretaries will present a data briefing to the Legislature. Between Mental Health and Children's Administration, \$159 million is spent on mental health services for children; approximately 4,000 kids (3% of the caseload) consume about half of that money. This effort will result in convening an internal workgroup and a stakeholder group. The Planning Council was invited to send a representative and Barb Putnam was selected to represent the group. There was also a request for a representative on ethnic minority children's issues, and Joann will talk with that Subcommittee.

ACTION: A copy of the children's briefing document will be shared with the Planning Council members.

- A cost offset study was conducted by the Mental Health Division. The study showed that persons who received publicly-funded mental health services had lower subsequent medical costs and a reduced risk of death compared to clients diagnosed with mental illness who did not receive mental health treatment. This is a further argument in favor of the parity legislation.
- Chuck Benjamin raised a concern with Secretary Braddock's Medicaid Integration Partnership, which is being considered for Snohomish County. The MIP Project was initially conceived by Secretary Braddock to bring multiple parts of DSHS together to integrate the delivery of services through a contract with one healthcare provider to serve 2,000 to 6,000 Medicaid-eligible adults in three counties. Chuck stated that the MIP Project would have a severe negative impact for the North Sound RSN, as it would take away revenues disproportionate to the number of covered lives included in the project. This is a serious drawback and will have severe unintended consequences for funding levels for mental health services. In other states where this is being implemented, funding from the mental health system was not reduced to fund the project. The RSN and providers have sent letters to Governor Locke and Secretary Braddock requesting that inclusion of mental health services in the Medicaid Integration Partnership be delayed.

Based on the above, the WSMHPAC unanimously passed the following resolution at their January 14, 2004 meeting:

"That DSHS delay the WMIP project until such time as the DSHS/MHD is able to present the WMIP to the WSMHPAC. Following our opportunity to fully and adequately review the WMIP we will be better able to make our recommendations to you in an effort for us to fulfill our duties and responsibilities regarding the public mental health system." A motion was made, seconded and passed for the Planning Council to send a letter to Secretary Braddock requesting that inclusion of mental health services in the Medicaid Integration Partnership be delayed.

ACTION: The Planning Council will send a letter to Secretary Braddock requesting that inclusion of mental health services in the Medicaid Integration Partnership be delayed.

Older Adult Treatment and Services Subcommittee

The Subcommittee met on December 3. They set meeting dates for the year and reviewed the membership roster. The Subcommittee heard a report from Dr. Mark Snowden on the use of geriatric family physicians. Ruth Leonard from DASA on their screening and early intervention grant for chemical dependency in emergency rooms. However, the DASA grant only covers persons from 15 to 65, which generated a lot of discussion because substance abuse is a significant concern with older adults.

Legislative Subcommittee

Graydon Andrus reviewed the minutes of the December 12 Subcommittee meeting, which were included in the meeting handout packet. The next meeting of the Subcommittee will be January 20, 2004. The Subcommittee is also working on developing an updated brochure. The Subcommittee is requesting that the Mental Health Division include a link to the Town Hall on the Planning Council section of the MHD website.

ACTION: Kathy Peterson will pursue a decision on the feasibility of including a link to the Town Hall on the Planning Council section of the MHD website.

Program/Planning Subcommittee

The January meeting of the Subcommittee was cancelled due to snow. Joann stated that an agenda item of the Subcommittee is to develop goals and a work plan for the Planning Council and all of the Subcommittees. This will be a primary agenda item for the February Planning Council meeting.

ACTION: All the Subcommittees are requested to discuss goals and a work plan for the Planning Council for the coming year in preparation for discussion at the February meeting.

Sexual Minority Subcommittee

The Subcommittee is up to full membership, but is looking for representation in the southwest area of the state. There is also a need for representation on children's issues.

Ethnic Minority Subcommittee

There was no representative from the Subcommittee and no minutes were submitted.

ACTION: Ethnic Minority, Older Adult, Legislative Subcommittees are requested to establish their meeting schedule for 2004 and submit this information to Kathy Peterson.

Children/Youth Subcommittee:

Barb Putnam provided an overview of the meeting that was held earlier this month. The meeting schedule for 2004 was set. The minutes will be included in the next Planning Council packet. The next meeting is January 26.

2004 meeting dates:

The meeting dates for 2004 were reviewed. There are some changes from the previous schedule due to meeting room availability. All meetings will be at the SeaTac Holiday Inn from 9:30 to 3:30 :

January 14, 2004
February 11, 2004
March 10, 2004
May 5, 2004

June 9, 2004

August 11, 2004

September 15, 2004 All-Stakeholder Meeting

October 13, 2004

November 10, 2004

Next meeting: February 11, 2004 at the SeaTac Holiday Inn.

Contact LaToya Ware at (360) 902-0781 or holmela@dshs.wa.gov for travel at least two weeks in advance. Members who will be absent must notify Kathy Peterson or LaToya Ware five days before the meeting or the absence will be counted as “unexcused.”

A motion was made, seconded and passed to adjourn the meeting. Meeting adjourned.

Pending Action Items

1. Ethnic Minority, Older Adult, Legislative Subcommittees are requested to establish their meeting schedule for 2004 and submit this information to Kathy Peterson.
2. The Actuarial Report will be distributed to the Planning Council when it is available at the end of November.
3. Kathy Peterson will follow up to the question on getting funding from the Medical Assistance Administration for Medicare/Medicaid crossover claims.
4. Karie Castleberry will provide an update on the Access to Care standards to Planning Council members.
5. A meeting will be set up with the MHD and Medical Assistance Administration to discuss funding for interpreters for mental health services.
6. Kathy Peterson will provide a copy of the JLARC presentation slides to the Planning Council members.
7. Judy Hall will look at mortality rates for persons served by the public mental health system and provide information to the Planning Council at a future meeting.
8. Chuck Benjamin will draft a letter to the Washington Community Mental Health Council in support of the Resource Guide workshop proposal.
9. Josselyn Winslow will draft a “Way to Go” award letter to be sent to Mark Porter for his article on memory loss screening in the Bellingham Herald.
10. The Planning Council will send a letter to Secretary Braddock requesting that inclusion of mental health services in the Medicaid Integration Partnership be delayed.
11. Kathy Peterson will pursue a decision on the feasibility of including a link to the Town Hall on the Planning Council section of the MHD website.
12. All the Subcommittees are requested to discuss goals and a work plan for the Planning Council for the coming year in preparation for discussion at the February meeting.